

## PHYSICAL LITERACY

- Capture the Flag
- Star Course
- Continuous Course

## Tactics

- Vision
- Study the area
- Balance your speed
- Continual progress
- Listening
- Verbal communication
- Start with the end point in mind
- Step by step thinking
- Actively gather information
- Weigh up options
- Memory
- Team roles
- Placing controls and drawing maps

## Behaviours

Y9:

- Fitness and running – Competitive race skill application

- Increased complexity of:
  - Thumbing a map
  - Map reading

## Skills

## Fitness



Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov.recs	Effort as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities